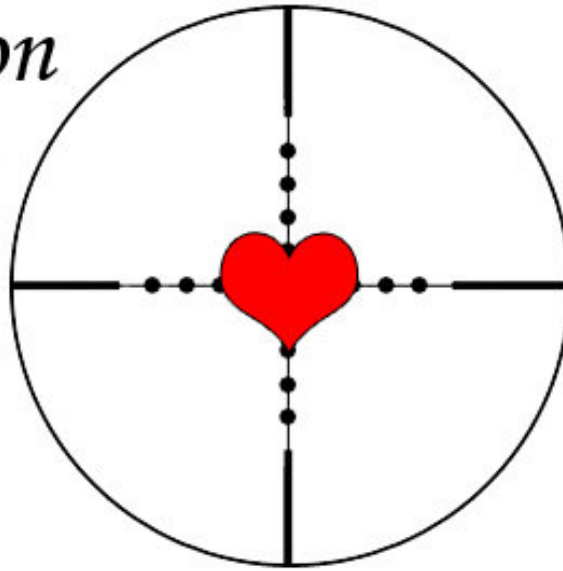


**written by a former special forces sniper**

**Dedicated to all my fellow men who deserve to know how to get women  
and all those women who deserve real men that know how to turn them on.**

# *Seduction Sniper*



## Disclaimer

In this eBook I explain various behaviors, routines and methods which will improve your success in seducing women.

However, You must understand that there is no secret remedy to any problem or a secret formula to get a specific woman. These Methods work. Know how to implement them.

I will not take any responsibility for your actions based on what you have read on this book or anywhere else.

Have fun!

This eBook is 100% Free. You are Free to redistribute it to whoever you wish, give it away from your website, or distribute it in whatever legal way you wish, on condition that you do not make charge for doing so or change the content of this document in any way.

## **Table Of Contents:**

1. <b><u>Introduction</u></b> ... ..	3
2. <b><u>Boot Camp</u></b> ... ..	6
2.1. Setting Goals ... ..	6
2.2. Kicking The Fear ... ..	9
2.3. Dealing With your Issues ... ..	12
Weight ... ..	12
Height, Looks, Tan ... ..	13
Accessories, Hair ... ..	14
Teeth And Nails, Odors And Perspiration ... ..	15
Smoking ... ..	16
Pimp Your Pad ... ..	17
Music, Penis Issues ... ..	18
2.4. The Ten Commandments... ..	20
3. <b><u>Advanced Training</u></b> ... ..	26
3.1. Peacocking ... ..	27
3.2. Scouting... ..	28
3.3. Openers ... ..	30
3.4. Body Language ... ..	34
3.5. Negs ... ..	37
3.6. Demonstrating High Value ... ..	39
3.7. AMOGing ... ..	42
3.8. Cocky and Funny ... ..	44
3.9. Shit Tests ... ..	46
3.10. Qualify He ... ..	48
3.11. Comfort ... ..	49
3.11.1. Rapport ... ..	49
3.11.2. Kino ... ..	51
3.11.3. Last Minute Resistance ... ..	52
3.12. Sex ... ..	52
3.13 Online Dating ... ..	53
4. <b>Conclusions</b> (now go get laid!) ... ..	55

## **1. Introduction:**

Five years ago I lead a very different life than the one I lead now. I was a sniper in special military forces, and was engaged to my high-school sweet heart. On a rainy December day a car accident ended my fiancé's life, and injured me severely. It took me almost a year of physical therapy to fully recover from my injuries, and when I did I found myself lonely and depressed. Though I received very nice sums of compensation money both from the car insurance and from the military for my inevitable discharge, which allowed me to take a few of years off work, I was left with nothing to live for.

I had to find a new woman to fill the blank hole that had been opened in my life. I tried everything from Hitting on girls in bars to singles nights to online dating, and accept for one drunk and pretty ugly woman whom I managed to hook up with, I couldn't find a decent girl in 6 months.

It was then when I decided to reassess my goals and techniques with everything regarding women. I started looking at things from my former military point of view. What I was doing was equivalent to a military suicide mission: something like trying to conquer an enemy fort with no intelligence whatsoever armed only with rocks. I bought a couple of "How to get laid with any women you desire even if you're ugly as hell" e-books, but besides reminding me the obvious, they didn't help in any way. I later stumbled upon the [Mystery Method](#), a great system that taught me a lot and helped me finally get women...

The MysteryMethod changed my life, but I felt like it wasn't perfect for me, so I started developing my military mission based seduction method, which I perfected about two years later.

The System basics:

Purpose: I will have my way with women, if for satisfying sexual needs or others.

Objective: I will improve my techniques of seducing women into doing what I want.

Methods: I will improve whatever I can in myself, and learn as much as I can about man-woman social behavior, in order to be best prepared for the interaction with women.

This is where I disagree with many e-books that specifically teach guys about things that simply aren't true. For example many "How to get laid with any women you desire" e-books, will tell a guy that if he is fat, it doesn't make a difference when he approaches a woman as long as it doesn't hurt his self esteem. That is well... Bullshit. Just like a woman will be less attractive if she where fat (usually), so is a man (usually), and physical attractiveness (or unattractiveness) will always play a very important role (though not the most important) in the seduction ritual. For this reason the man must use every advantage he can get, and know his weaknesses well to **IMPROVE THE ODDS OF A SUCCESSFUL ENCOUNTER.**

When I went out to a military mission I didn't only take a sniper rifle. I also took an assault rifle, a pistol, grenades, a commando knife, camouflage gear, radio gear and even painted my face, in order to slightly improve the odds of success. I would also know my surroundings, escape routes, enemy behavior, plan B, plan C, etc.

Are you starting to get the system?

If Joe is a good looking guy, with a beautiful sports car and a \$10K Rolex, and Sam is an ugly guy, driving a 96' Honda and wearing a sweater his mother gave him for Christmas, Joe is definitely **more likely** to seduce women than Sam. Why? Because if this was a battlefield, Joe would be bringing a top notch sniper rifle with the best scopes on the market whereas Sam would be bringing his Grandpa's old rusty revolver. Joe has a great edge here.

Now wait... What if Joe is actually a boring insecure prick and Sam is a hilarious guy with great self esteem that knows exactly what to do in every social situation? Well... in military terms it is equivalent to Joe being a tree hugging hippie who's never touched a weapon in his life and Sam being an expert combat fighter. Sam can enjoy his edge here.

So who wins the war (or gets laid)? Jerry Does!!

Jerry has some of Joe's Arsenal of weapons (such as looks or money – not all are needed but you should always reach high) and all (yes, here you can learn them all) of Sam's combat skills (such as humor and self-esteem), and only with the two combined can he be a decent fighter (lady's man).

I know what you're thinking... "Damn, if I can't afford a new sports car, how the hell am I going to get my arsenal of weapons"?! Well, it's not a must! There are various ways you can improve yourself at any field and I am going to show you exactly how. The thing is you will have to give me your full trust and belief even when what I will tell you to do will seem unreasonable.

By the way, today there is a book better than the mystery method (it is actually derived from the mystery method) called **Magic Bullets** written by Savoy. The best book in this industry and extremely recommended.

By the way, I get laid like crazy using my system :)

## **2. Boot Camp:**

My first day at the Special Forces was one of the worst in my life. I won't elaborate but I'll just say that our team's sergeant made sure it was a living hell. We didn't sleep all night and at sunrise he sat us all down in a circle on some random hill, and handed out some paper and pens. We each had to write down all our weaknesses and all our strengths as individuals. When we were all done, he said we would be taking lie detector tests to see if we were withholding anything back and gave us a last chance to add more strengths or weaknesses. Some of the guys did. He then said that it is with this paper that a man goes to war, and without it, his weapons mean nothing, and so in the year and a half of training to come, we will do anything in our power to enhance these strengths and eliminate our weaknesses, for they are the skeletons in our closet which will betray us at our most vulnerable time.

The process you are about to go through will be tough. It is concentrated on the objective of becoming a lady's man, but can (and should) affect anything and everything in your life, from your job to the service you receive at a restaurant: people will give you the respect you deserve.

### **2.1. Setting Goals:**

As your first step in this self-improvement journey, **PRINT** this questionnaire and fill it in completely honestly (remember, if you are insincere you are only hurting yourself):

Not At all

Very Much

1 2 3 4 5 6 7 8 9 10

1. Are you happy with your life? 1 2 3 4 5 6 7 8 9 10
2. Do you think your life would improve if you were more successful with women?

1 2 3 4 5 6 7 8 9 10

3. What are your strengths when it comes to 'superficial' things (Money, Looks, etc.)?

---

---

---

---

4. What are your weaknesses when it comes to 'superficial' things (Money, Looks, etc.)?

---

---

---

---

5. What are your strengths when it comes to personality qualities (confidence, humor, charisma)?

---

---

---

---

6. What are your weaknesses when it comes to personality qualities (confidence, humor, charisma)?

---

---

---

---

7. What will be the best thing about having many women (Sex, Social acceptance, Pride, Show off etc.)?

---

---

---

---

8. Are you willing to put in 100% in order to make your life better (In the Special Forces if you don't put down 10 they kick you off the team on the spot)?

1 2 3 4 5 6 7 8 9 10

Ok, that was the first of several questionnaires you will fill in over your training. Don't throw it away, file it in a folder and keep it because you will check your progress in the future!

Now write down what you wrote on question 7 on a new piece of paper and hang it where you can see it a lot (like the refrigerator, or even make a computer desktop wallpaper with it). If you don't want people to figure this out you can use some kind of code. For instance my initials are S.A., and that stands for Social Acceptance so if I wanted to be discreet about it, I could write down my initials instead.

I don't care what you wrote for question 8 because from now on you are a 10! Write 10 on the paper on your refrigerator! When things get tough or too hard, look at that piece of paper and think of everything you have to gain.

OK, now it's time to deal with your weaknesses. We will build a plan to eliminate or minimize them.

It's important to realize that 'superficial' weaknesses will usually hurt your personality qualities. A fat guy with a small dick is more likely to have self-esteem issues than an athletic guy with a big dick. It's not a given fact 100% of the time, just the common case. Just like having a tank in combat makes you feel more secure than having an assault rifle.

As you can imagine, I can't help you with every issue you have, for instance I've never had a weight problem in my life so I can't really give advice on this subject, but I've consulted with specialists and friends at every field and they've referred me to high reputation programs and products for dealing with these problems that I will later on show you.

It is important to realize that you don't have to be perfect to get women to want you, but every little bit helps. If you can't deal with some of these problems it's still OK... Later on (in the **Advanced Training**) I will show you practical methods of seduction, but first it's time to deal with the skeletons in your closet!



## 2.2. Kick The Fear

Now it's time for your first mental assignment. You have to deal with your fear of women. This assignment reminds me of the first hand-to-hand combat lesson we had at boot-camp. I was the smallest guy on the team and to be honest, I was scared shitless of getting my ass kicked by the bigger guys. The instructor sensed my fear and put me up against one of the bigger guys on the team. We fought for a few minutes (wearing protection gear and boxing gloves of course, without it we would probably be passed out with no teeth or even worse), and I guess the karate lessons my mom sent me to as kid helped because I stood him off quite nicely and even landed a good kick to his leg that crippled him a bit (we called those wooden legs). Thinking I had overcome my fear I was pleased, but then the Instructor absolutely shocked me; He ordered another two of the guys to enter the ring (it's not actually a ring, just some mattresses on the floor) and help the big guy kick my ass. 3 on 1 I never had a shot and they gave me a hell of a beating. In the hours to come every guy had to fight outnumbered and each soldier on the team took a beating. This lesson was repeated many times during boot camp and had one main goal: To end our fear. After taking so many beatings, we could walk into the gates of hell armed only with our fists and still fear nothing.

Now it's your turn. Find an attractive woman (the sexier the better) and go hit on her trying to get her phone number. If you fear her reaction, that's great and this is what this assignment is for: **YOU ARE GOING TO KICK YOUR FEAR OF REJECTION FOR GOOD!!!**

Done? Great... Now find another attractive woman and do the same... and another... and another... and so on... until you don't fear rejection any more. You may get some phone numbers, if so, great ;)

Don't do this at a place you normally hang out or your work place because you will get a bad reputation and you might want to actually hit on these women when you're in **Advanced Training** or when you've finished your training. It's even better if you go to a different city.

Don't let the rejections get to you. It's because you went in unarmed and untrained. If you stick to the **Boot Camp** section of this book and reach **Advanced Training**, I guarantee you will have plenty of Women like those to choose from.

Fill in an Interaction page for each of the women you came on to, they will help you learn from your mistakes and fix your flaws:

**Interaction with woman report:**

1. Date, Time & Location of interaction: \_\_\_\_\_
2. Her Name: \_\_\_\_\_
3. Her Looks (1 – 10): \_\_\_\_\_
4. Your Opener (describe it and how good did it turn out): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. What you talked about: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. How nervous where you (1-10): \_\_\_\_\_  
\_\_\_\_\_
7. How did the interaction end (let down, number close, sex): \_\_\_\_\_  
\_\_\_\_\_
8. Conclusions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
9. Shit-tests: \_\_\_\_\_  
\_\_\_\_\_
10. C&f: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
11. AMOG: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
12. Body Language: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
13. Kino: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Now you probably don't know what half of this means, but it will be explained later on in the **Advanced Training** section. For now, you can see an example report (from when I was very new at this and still made reports):

1. **Date, Time & Location of interaction:** whatever the date, 1:00 am, a costume party for my friend's workplace.. I tagged along
2. **Her Name & Age:** Michelle the doll (I give them nicknames to remember... it was a costume party and she was a doll of some kind). Age 24.
3. **Her Looks (1 – 10):** 8 – she was small and cute with a baby face. Brunette.
4. **Your Opener (Describe it and how good did it turn out):** She pushed me a bit when trying to order a drink from the bar. I said "hey, hands off... I'm not a piece of meat..."... she laughed and then I negged her about her costume (you will read about negging later on).
5. **What you talked about:** Started with boring stuff, but then got it together and worked some field tested routines that hit it off nice.
6. **How nervous where you (1-10):** 8 – because this was a workplace party so everybody knew each other and I only knew one person.
7. **How did the interaction end (let down, number close, sex):** I had to leave before I planned (about 10 minutes into talking with her) because I was riding with my friend and he had to go. I asked for her number and she said she was "kind of seeing someone" (shit test). I said "Well that's OK. I'm not a jealous guy", and we continued talking for about 10 more minutes. Then my friend came again and said we have to leave and she gave me her number.
8. **Conclusions:** The Peacocking was a very smart move. Headlamp never fails! Must work on body language and Kino!
9. **Shit-tests:** The thing with "kind of seeing someone". Also I offered her gum and she said "why? Does my breathe smell?". A bad answer would have been "No. you're great, I didn't mean to imply bla bla bla...". I answered "Not too bad, but you could do better" with a wink. Nice reaction.
10. **C&f:** Stated most of it. We also stepped outside for fresh air. She said she was cold so I touched her on the shoulder (bare skin) with my freezing hand and said "This better?". She laughed and said "haha jerk". But I'm not sure how good this was because I don't won't her to have bad connotations to my kino.
11. **AMOG:** No AMOGS :)
12. **Body Language:** When we were talking she leaned against the wall and I kind of blocked her with my arm (intimidating). I figured it after a minute or two and took her to sit together at a couch. I thought I was playing fine but my friend later told me that it looked like I was "trying to talk her into an orgy in the bathroom". So I need to stay more relaxed so It looks like she's gaming me. Also I didn't maintain enough eye contact.
13. **Kino:** Not enough!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!! and when I did touch her, I was looking at my hand instead of her eyes. Will try to implement it in the future with games and magic

These reports are the only way you'll ever get better at this game! Just like after a military mission there is a debriefing (especially if something went wrong) so we can learn from our mistakes. I read each of my reports at least five times to make sure I didn't repeat the same mistakes over and over. Treat this very seriously, and file them in your folder. They are a key in your future success.

## 2.3. Dealing with your issues:

### Weight - Are you fat or skinny?

This is one of your biggest weaknesses in getting women. Our instincts always take us back to the cavemen we are, and in the wild only the fit survive. Women sense protected when they are with a muscular man, and sense that a fat or skinny guy can't protect them. Fortunately (for me) my genes have been kind to me in this area so I can't really give advice based on experience but I've consulted with experts who have referred me to the best dieting and bodybuilding plans on the market today:

**Fat Loss For Idiots** – this one is the best in case you are really overweight and it shows... more than just a beer belly.

Tom Venuto's **Burn The Fat** – written by an amazing body builder, this is most recommended for those with a beer belly or just average body type.

**No Nonsense Muscle Building** – this is for you skinny guys mainly...

Another Issue surrounding this field is diet and bodybuilding supplements. The experts disagree on the benefits and disadvantages of using these products. I wouldn't know whether to recommend them since I've never used them but if you do, don't get ripped off and buy effective ones at: **Dietrine**, **LifeExtension** and **BodyBuilding**.

You must understand how important this is! If I could only choose one tip to give you, it would be to get in shape! Just like you don't want to hit on fat-assed women (skinny women I actually like more than average women), they don't want to be hit on by fat-assed or skinny men. I'm sorry if this is offending but before writing this book I read many "Seduction Tactic" e-Books and despised the fact that if other authors already made a sale, they felt like they could write whatever the reader

wants to read, and tell them that looks don't matter. Face the skeletons in your closet! Whichever plan you choose, it is vital that you take it as seriously as you take this one.

### **Height - Are You Short? Extremely Tall?**

Well hey, Shit happens... I'm very short and get along great.

This is something you can do nothing to change 100% (fat people can always get in shape and have 6-pack abs, but if you're 5'5 you'll never be 6'2), but it doesn't mean there is nothing to do.

One thing us short guys can do is get Height increasing insoles and height increasing shoes. The insoles aren't as effective as the shoes, but are still the best \$20 I ever spent. I own two pairs of these special shoes (one casual pair and one formal), and the rest of the time I use the insoles with regular shoes. Get these on [eBay](#): search "height increasing insoles".

There are also certain medical pills and all other kinds of treatments but reading their sales pages they seemed like bullshit to me. If you think otherwise, you are welcome to try them out and mail me your opinions of them.

### **Looks**

Are you ugly? Well, I believe that there is a way to make any man look good without plastic surgery. To be honest I pity men who get nose jobs or lift their cheeks or whatever it is they do. It makes the face look soft and fragile, like Michael Jackson's. However, if you have skin issues or zits go to any cosmetics store like [SkinCare](#) or [Spalook](#), and get products that fit your needs (don't forget to go to the "Men's" section). It's important to realize that you're not a woman and it's OK (and even great) that your skin isn't silk smooth. I for instance only use lotion for underneath my eyes because if I don't, I look like I haven't slept in a decade. Many men need a good after-shave and they don't have one! If you do shave with a razor, make sure you use a good after-shave.

### **Tan**

If it's summer go out and get a tan, but don't forget to use the proper sunscreen. To keep the tan it's better to take a cold shower afterwards (not with hot

water).Your tan has to last for the winter because only faggots go to tanning salons. A good tan makes you look thinner, and can get you off for a little beer belly.

### **Accessories – Your Bling Bling!**

Depending on your style, you have to accessorize! A nice watch is a must: if you can't afford one, get a replica (don't get a Rolex replica because you won't pull the look off but a Tag Heuer will do fine). No Digital watches or sports watches... You're over 16 years old! That said, make sure you have a decent leather wallet... no childish nylon things. It's also great to have a unique bracelet, necklace or ear-ring (obviously depending on your style). The best place to get this kind of accessories for cheap is [eBay](#).

These are great because they add a lot to your personality and are also great conversation starters.

I also love wearing funny t-shirts as a casual look. You wouldn't believe how many conversations they start with hot women and I don't even have to approach them, they come to me with some witty remark about the shirt! A friend of mine whom I've taught a lot about seduction was once on vacation and brought me back a t-shirt saying "Sex Instructor – First Lesson Free". A few women and even one guy approached me when I wore this shirt and directly demanded their free lesson. Some (not the guy and the ugly chick) even got it ;) )

You can get great and cheap funny t-shirts at [T-shirt Hell](#) and [BustedTees](#).

### **Hair**

I won't elaborate too much on this because everyone has his own style that agrees with him. I personally prefer long hair ever since I got discharged. Just don't go to a million year old barber, find someone more up to date.

If you're growing bald, an expert told me to recommend [Provillus](#).

Body hair is another issue:

- Nose hair must be trimmed!
- If you have hair between your eyebrows it must leave!

- Ear hair must leave!
- Neck hair is disgusting (one of the reasons I grow long hair)!
- Chest hair that sticks out of your shirt is a turn-off!
- Chest hair in general is a problematic subject. I like having chest hair and never waxed or anything, but if you have too much, consider trimming it.
- Pubic hair is best to be trimmed; it will make everything down there cleaner, and make your penis look larger. This is extremely recommended!

For some of these things its best to consult a woman who knows a thing or two or even seek a professional because shaving with a razor between your eyebrows for instance is not wise and will make the hair there grow extremely fast and thick.

### **Teeth and Nails**

Make sure your teeth are always clean. If they are yellow consider teeth whitening.

Cut your nails and make sure they are clean. Women are scared of long nails because they can injure them during foreplay.

### **Odors and Perspiration**

Do you sweat until you shine or get your shirt wet? Even have bad BO? Major Turn Off!

Try [this recommended eBook](#) that deals with perspiration problems.

For the "regular" men, always have some kind of cologne, deodorant or after shave on. [Fragrance-X](#) is a great place to find these products at great prices (I personally like "212 Men" and "Acqua Di Gio" the most...)!

For the inexperienced seducers, when you go out (to parties, bars or whatever) with the intent of picking up women, I extremely recommend using seduction pheromones. They are one of the most effective aphrodisiacs out there. **Pheromones** are natural chemical scents the body produces in order to attract others. Pheromones are well documented in the animal kingdom as the force that controls all social behavior, including mating. Scientists are now finding that human behavior is also heavily influenced by these invisible social magnets. Today you can get these in a small bottle at a severe price and enjoy having one of nature's biggest mysteries on your side for once. The reason I don't put pheromones on 24/7 is that they are

relatively expensive compared to regular colognes, and I'm at a point where I don't need them because I usually leave the party with the woman of my choice anyway. That's why I rarely use them for intended pick-ups, but taking my first steps in the seduction world, they were a great advantage and helped me build confidence.

I even once had an idea to open a dance bar where people would be sprayed with these pheromones without knowing: men and women (yes, there are also female pheromones), causing people's passion to rise and extremely increase the hook-up percentage. Who wouldn't come back to a place where all the women are horny, you are insanely drawn to them (even the less attractive ones because they are also sprayed with pheromones), and have no difficulty in getting them to sleep with you?!?! I could have made millions with this idea but I gave it up because it wasn't exactly legal.

Fascinated with the mysteries of pheromones I tried lots of kinds to find that only about 20% of them do their job and the other 80% are just like regular cologne (some even stink and don't work)! The best place quality seduction pheromones (that actually work) are [Attract RX](#) – these are natural pills that enhance your own body's pheromones instead of being sprayed with artificial ones. The most powerful product in this market!

If you're not into pills go to [Love Scent](#) and get spray pheromones. These are slightly less effective but get the job done. The best is Alpha A314 for men.

### **Smoking – Are you a chimney?**

Smoking is one of the things I hate most about humanity. Honest. I'm so happy they passed the laws that let us go to bars and actually breathe fresh air for a change! Research has shown that if you are a smoker most women that don't smoke will invalidate you immediately! Far more important than that is the fact that you're injecting yourself with cancer, smell like an ashtray, and you spend more money on cigarettes than you do on almost anything else! If you want to kick this very bad habit all you need to do is want it (ha ha, easy said, never smoked a cigarette in my life!). But seriously, if you've failed trying to quit cold turkey, friends of mine have recommended [CigArrest](#). It's a collection of products that help you quit smoking (like tablets and gum) combined with a program guide. You get a 30 day supply with the CigArrest Welcome Kit for **FREE**. Try it!!!



Another recommended product is [Nicocure](#) that also has a great reputation.

### **Pimp Your Pad!**

Have a cool house. This is very important because it will make people feel more connected and more comfortable. I for instance have a homemade bar in my house (that cost almost \$2000 with all the drinks and accessories!). It's always good to know your way around alcohol. I recommend [LearnBartending](#) if you just want to browse some information or the [American Bartending Association](#) if you want a free DVD sent to your house. Even if you decide not to have a bar at your place, always have the basics (and know how to pour, which glass to use and so on):

- Bottle of red wine (no cheap crap).
- Bottle of white wine (no cheap crap).
- Bottle of vodka (no cheap crap, but a Smirnoff or Skyy will do).
- Bottle of tequila (no cheap crap, but a Jose Cuervo Classic will do).
- A nice aperitif (my favorite is Martini Rosso).
- A nice dejestif –( my favorite is Becherovka but most people go for Jagermeister).
- Good liquor – Like Baley's Irish Cream or Kahlua coffee liquor .
- Juices and energy drinks for mixing.
- Ice.
- Straws.
- At least 4 of all the appropriate glasses (wine, low ball, high ball and shot)

Other things your pad needs:

- Candles – They create a nice and passionate atmosphere.
- Incense – Same.
- Ashtray – Some men who don't smoke have ashtrays for their lady friends. I personally wouldn't let anyone smoke in my house but if you don't mind its best to be prepared...
- Boom box or computer for music.
- Food – you don't want to leave your territory and go to a convenience store because one of you suddenly has the munchies.
- Condoms – have plenty because running out is bad, and you are going to get laid like a rock star.

- Sex lube – very useful and if you don't use it, you should!
- Pre-moistened towellettes – great for cleaning up after messy sex.
- Extra toothbrushes. Buy some cheap toothbrushes so if a girl wants to sleep over she won't use your brush, and is even flattered that you thought in advance and got her (a new wrapped) one.

Besides that make sure you have nice and interesting decorations, your place is clean and tidy and that it has normal temperatures. Women are more sensitive to cold so heat up in the winter, and in the summer you must have air conditioning – don't settle for a cheap fan.

### **Music:**

Basically it's a matter of taste, but always you should always have a variety of music to choose from. You can't go wrong with nice Chillout music or R&B. But you can also play electronic music, Elvis Presley or anything else you desire, just make sure she's down with that.

### **The cherry on the top – PENIS ISSUES ?**

Research has shown that most men actually believe that their penis is not large enough. They are correct! Obviously many of these men are of "average" size, but why settle for average when you can have large?! There are revolutionary and safe products in the market that will do the job fast without pumps and crap like that...

I used **Natural gain plus** with great success (I was average, now I'm large!). I heard that **Fast Safe Patch** also does the job great... it's your call.

Why does this help besides feeling like a king, having the reputation of a king, and how it sometimes gets you laid barely doing anything? Because it will give you amazing confidence on so many levels! You will have the reputation of the "well hung" guy! Women will see your penis and their eyes will glow!

I hope you're not too shocked with this. You probably have at least a couple of the problems I mention here, or else you wouldn't have been reading this. It's OK, and it's even OK if one or two remain unresolved. The thing is that you wouldn't want to hurt your chances because of laziness! Say if you went to a bar today, your chances of hooking up would be what? 1-5 % ? But if you only take these steps (which I believe are not so difficult), you will improve your chances immediately to 20-50%!!! Later on in **Advanced Training** I will explain what to say and do in order to turn these 20-50% in to **60-101%** (the extra 1 percent is when you manage to hook-up with two ladies together... tough but has been done before and will be done in the future!). I'll be honest with you and tell you that even if you complete all the training, it won't guarantee you sex every time, but you will go from 1% to at least 60%. If you did everything I stated here in **Boot Camp**, completed your **Advanced Training** and are still unsatisfied with the results, you can mail me and I will help you personally, but be honest and take all the steps! I don't want you to think that by learning the **Advanced Training** alone you will achieve some success... you won't. It doesn't work like that; just like in the army you start boot camp (which is more about discipline, getting into shape learning never to give up) before going on to more practical training (actually learning what being a warrior is all about and how to fight).

Looking at this, you're probably thinking that you have to spend a lot of money if you want to have women... well, you do!!! That is one of the reasons women like wealthy men! Because they can afford the expenses of a fancier house, a good workout program or an expensive cologne (or even pheromone, which is subconscious and they don't even know why they really like they guy!). It is your choice to make between these things but you will have to improve at least the crucial ones! Remember, just like you aren't likely to be successful at war with a rusty rifle, you aren't likely to seduce women when you're not dealing with these issues!

## 2.4. The Ten Commandments:

Now it's time to revise some rules of interaction with society. You may consider these your ten commandments, learn them by heart because in the time to come they will completely alter the way you act. Start implementing these rules in your behavior...

- 1) **Flirt-** Women (and other straight guys also buy the way) love men who flirt. Flirt with women you want, flirt with women you don't want, flirt with the world. I'm not talking about sexual flirting; I'm talking about plain flirting. Once you adjust yourself to be that kind of guy, you won't believe how easy talking to women becomes. The next time you talk to the bank teller, even if she's 50 years old and is happily married, tell her how unique her glasses are and that you really love them (be honest and never give false compliment). Then next time you see that cute and chubby girl at the office ask her if she's lost weight and got any tips. If you can't think of any compliment just smile and say "Thank you for making me smile, have a nice day". This sentence alone, when mastered can make you an instant prince charming. There is nothing sexual about these flirts, they just make you seem (and actually be) a more pleasant and fun person. You can also 'flirt' with guys; compliment them on their new haircuts, their nice tactics at yesterday's office poker night. This is done because when preformed correctly, it will actually make people seek your approval because you are sending out a message that your opinion is important. Women sense this and it will make them give you the respect you deserve. Be more careful when you 'flirt' with men so you don't seem gay.
- 2) **Be unpredictable-** Women's main goal in life besides shopping and talking on the phone is the desire to "read" other people, and men in particular. Honestly, sometimes I get the feeling they think they are James Bond on Casino Royale trying to understand his opponents twitches in a poker game. The easier it is for a woman to "read" the guy and understand him, the less appealing and attractive he becomes to her. On the opposite, the more of a mystery you are, the more she is eager to learn about you. That's why you must always keep information to yourself and give her practically nothing. Never have a regular and predictable behavior for any given circumstance. Don't always reply to her text messages instantly; wait an hour or two sometimes. Don't always suggest

the same things to do. Don't always hang out with the same people. Don't be boring! Get interesting hobbies making you an interesting person (such as knowing a few magic tricks, playing the guitar etc.) – I will recommend some later on.

**3) Remember you are worth a lot-** If you have to 'suck up' to a woman in order to get her to go out with you, have sex with you or whatever, it only means you are worth less than her: you know it and now you let her know it. Remember you are the prize to be won, and she is doing you no favor in going out with you. I was once out on a date with some chick who constantly reminded me that she doesn't have sex on the first date. If I had tried to 'ask nice', she would have let me down. I told her that I don't mind about that because I can stop at my fuck buddy's home on the way back if I want sex, and actually I'm sticking around because I'm having a great time (by the way that was the truth... except the part about having a good time). I ended up fucking her in my car on the beach and she was practically begging for it. This is maybe the most important piece of advice anyone will ever give you. Be a man! Be proud of whom you are, never ever let anyone step over you and people will respect you for it. I once had a date with this girl and we agreed that I would pick her up at 21:30 from her house. I was there at about 21:35 and waited until 21:45. I called and she said she'd be down in one more minute. I waited until 21:50 and split. She called me at about 22:00 asking where I was and I politely said that I don't like people wasting my time. I said I was going to meet a few friends who were getting together at a bar nearby and if she wanted to make up for it she can take a cab to the bar. She did so, and after she said she was very sorry and just wanted to look the best for me (Bullshit) I ended up forgiving her, and we had a nice night. Remember: **Respect Yourself!**

**4) Never lose control-** A sniper is taught to fight off any instinct he may have that could jeopardize his mission. When you're looking in your scope, your care about nothing else in the world. It doesn't matter if its a million degrees hot or zero degrees cold outside, if there's a fly itching your face, or you have to cough; a sniper always holds it in and is ALWAYS IN CONTROL! When a sniper finds his target in the scope, he never lets go and the target is already as good as dead. How does that apply to you? Well, many people have a hard time

controlling themselves 100% percent of the time, and that one percent that they mess up on will screw up their whole mission. Thus the rules are as follows:

- Never drink too much alcohol – Don't get me wrong, I also enjoy the occasional bourbon, but you should never drink to a point where you are even a bit over loose. Never ever get drunk because you won't believe the stupid shit a drunken guy may say, or how a reputation of "the guy who threw up on the new carpet at that Christmas party" will stick. If you have a problem with that, seek professional help.
- Never let your anger control you – If you yell like a maniac when you're pissed, again: seek professional help or get **non-subscription medication**. It's OK to be upset sometimes but extreme anger is one of the most pathetic and childish qualities a person can have. Adults see it as a weakness and turn-off.
- Always mind what you say- In the Special Forces there is extreme compartmentalization (meaning you only know what you need to know and not a bit more). To be honest, as a soldier I felt insulted that we are good enough to risk our lives but not to know what other units are doing there. Now I understand that it is in order to protect that unit from certain "slips of the tongue". A friend of mine once had a "Rate Her Rack" Poll with a few guys from his office, where they gave 1 to 10 scores for the tits of all the girls in the office and they all had a laugh about it. Later that night my friend was enjoying a nice cold one at the bar and just happened to mention this funny poll to the bartender who just happened to be the boyfriend of one of the girls rated (who got to the very respectful third place). The Bartender told his girlfriend about this (talk about pussy-whipped), and it was very awkward for my friend 'The Pervert' with all the ladies at the office ever since. The lesson to be learnt here is that you should never tell people things that may come back to bite you in the ass. Any bad thing you did (or anyone else), keep it to yourself; unless you know exactly who and what kind of person you're talking to.

**5) Always look well and be groomed-** Seen the movie Blackhawk Down? The rangers there thought they were going for a clean 1 hour mission and getting

back, so they didn't take any night optics or extra water, but when shit got complicated they were stuck there for much more. You never know when you might run into a woman you'll want, so always make sure you don't look like a caveman! I'm not talking about shaving to go down to get a few groceries, but always be clean and with your hair and clothes in some kind of reasonable order. Women can be found anywhere! Not only at pick up bars... I will mention that later in **Advanced Training** but you should remember to look for them everywhere you go: the grocery store, the ATM line and even when you visit your grandmother at the retirement home!

- 6) **Be cocky and funny-** If you've read a book of the same genre in the past, this can't be new to you, but the problem is that few of the other books is that they don't give enough examples. In the **Advanced Training** section I will show you many examples! For now, just try to figure it out for your own... try not to be only cocky but cocky and funny. For example if you're with a woman at a bar and you think she's drinking more that she can handle (and that's very bad for you because no one wants to take home some throwing up and crying chick), don't say "I think you should stop drinking, you're making a fool of yourself" because you'll insult her and she'll hate you for it. Instead, say something like "I think you should stop drinking, I don't want to feel guilty about seducing a drunk girl when I take you home tonight". When you say something like this with a smile on your face you are both cocky and funny, and are probably going to get laid without her passing out from the booze :)
- 7) **Never Settle-** A sniper never takes a shot at a "grunt" (a regular low ranked soldier). His position and bullets are too valuable to be spared on "Pawns". A sniper acquires quality targets (officers, machine gunners, vehicle drivers, other snipers or anyone else whom disposing of will literally change the rules on the battlefield). If you decide you only want to sleep with women who are a 7+ or 8+ then you must stick to these standards, even if it means going home alone once in a while. Sure fucking an ugly chick won't kill you, but low standards are a turn off to other women and are generally pathetic. If you want to fuck an uggo at the beginning to get in shape and boost your self-esteem that's fine, but after that you must set your limits!

8) **Body Language**- Studies may differ in percentages, but it is a consensus that most of communication is actually non-verbal. Have you ever wondered why some men get hit on by women without doing anything? It's not all about looks, it's mainly body language! There is a whole section about this in the **Advanced training** section, but here are a few pointers:

- Keep your body "open"! Never crouch your back or cross your hands – it is very unappealing. Always keep your shoulders up and open your palms.
- Control your space. Just like the dominant male in nature controls the best territory, a man that puts his arm or leg on the chair next to him, will be perceived as the dominant male.
- Touch your male friends (not too much obviously)! Men who are affectionate to their male friends and touch them are perceived by women as the dominant males: much more than those who are only touched or have no contact.
- Look around! Men who are more aware of their surroundings will (statistically) make more eye contact with women. Women respond more positively to men whom they already had eye contact with.

There is much more to be added (from eye contact to reading a woman's signals).

9) **Honor**- Soldiers are taught (though some times without much success) to be men of honor in combat, and never do unethical deeds! A man of honor never goes for another man's woman. There are truly enough single women to choose from. I've seen "master seducers" taking pride at conquering other men's women, and excusing it with arguments like "if he could please her she wouldn't be looking for sex" or "if it wasn't with me she would have done it with someone else". The only time a man of honor can take another man's woman is when he truly wants her (beyond plain physical attraction) and feels her man is no good for her. Don't seduce a woman who's happy with her boyfriend, get her to dump him, and then dump her!

Another part of honor is to never degrade a woman you had any connection with, doesn't matter if you slept with her or if she blew you off. Never call a woman a slut or anything like that! As much as it is degrading for her, it's much more degrading for you. **HONOR!** People will respect you for it.



**10) Protect Yourself-** Always always always wear a condom!!! Never have a woman talk you out of it! If she's doing it to you, she's done it before, and there are so many STDs out there, the risk is just too great! You also don't want any bastard children of yours running around right? Because to be honest, can you really trust a woman you barely know to take her pills? This is all for women you recently met. When you're in a relationship with a woman you trust, you both get tested for VD's and she's on the pill, have fun and enjoy sex like god intended for it to be!

Read these Ten Commandments at least 5 times and know their titles by heart because these are the basic fundamentals of success with women (and life in general).

### **3. ADVANCED TRAINING:**

Congratulations! You have finished boot camp and taken the first and most important step on your road to success with women – self improvement!

Now it's finally time to learning practical methods of engaging women and making them do what you want. It is vital that you realize that you won't be able to pull each of these methods off perfectly. These methods are very different in the kind of character they demand. Some would have you be very cool, sort of like Pierce Brosnan in the movie "The Crown affair", while with others you will be more like Jim Carey (with the mask) in the Movie "The Mask" who is much more provocative. With time you will find the method that works best for you and your natural character.

Another important thing you should understand is that there is no fool-proof system of getting every woman you ever want. You can only do the right things do dramatically improve your odds but there will never be %100 success! Some Women are married or in a relationship. Some are lesbians. Some are just not in the mood for meeting someone. Some don't go for your character (for example if you are Jim Carey and she like Pierce Brosnans). Some don't go for your looks (If you're too short, fat, skinny for her). You won't get each and every woman you want. Don't worry though... if you stick to the training, you will have plenty.

To a true warrior, everything in battle comes naturally. He doesn't fear the noise, he doesn't fear the blood and he doesn't fear death. He has been trained to act automatically... almost by instinct if you will...

In a similar manner, a man who knows his way with women has his game "down". He knows what to do at any given state, he has his routines that he knows will work if the conversation gets stuck, and he knows what he is waiting to hear. To become that man, you will have to study certain 'routines' and 'behaviors'.

Not every guy can pull off any 'character'. Some are best with the extremely cocky-funny-playful image (for an example, check out Paul Rudd in "I Could Never Be Your Woman" which by the way is a g-r-e-a-t chick flick to watch with a woman to get her in the mood), others are best with the alpha-male-do-what I-want (like Brad Pitt in "Fight Club"). No matter what your eventual style will become, it will still include all of the methods and routines described here.

### **3.1. Peacocking:**

*"IT'S BETTER TO BE LOOKED OVER THAN OVERLOOKED" ~Mystery*

Mystery isn't your typical "cover page" man. He is no Brad Pitt or George Clooney, but he still gets amazing attention from women. He does this by looking pretty ridiculous. He painted his fingers black, he pierced his lips, and he wears goggles for no reason. Why? Attention!!! People (and women amongst them) will approach you and ask questions about your appearance (you actually legitimized the approach)

Now I didn't take it as far as painting my nails black, but when in a club, I always tie my military headlamp to my arm and set it to flicker. This pisses some people off because in a dark environment it dazzles people. Women come up to me saying they like/hate it. Either way I know they're attracted to me and I'm going to have an easy time with them. If they weren't into me, they wouldn't have bothered talking to me about the flashlight. This is why in outdoors I like wearing **funny t-shirts**... they always get reactions!

## **3.2. Scouting and choosing your target**

In a battlefield any soldier (and especially a sniper) must have a collateral view of his surroundings and in order to do that he must scout for nearby threats. Similarly, when you're out, you need to make eye contact with as many people as possible, in order to assess what your best options are .

Women especially love the game of eye contact. Why? It makes them feel attractive. Yes, as much as I love these fascinating creatures, I can't help concluding that women are not exactly sane in general, and especially when it comes their looks. A gorgeous 9-10 rated woman may feel ugly as hell because she put on a couple of pounds that the average man wouldn't even notice and will still drool over her like crazy. When you make eye contact with a woman and hold on without looking away as soon as she notices you, you're telling her that you find her attractive and you're confident about it, and now it's her turn to play along. Usually she will look away after about half a second (though you may never know... I once had a 10 second "stare-down" with a woman at a bar... easiest score in my life), but if after a few seconds to a minute she checks back to see if you're still checking her out and holds her look for a second or two, it usually means that she's interested. At this point you give her a smile combined with a little nod (if you're in a bar you can also slightly raise your glass in her direction). Some women may be shy and look away, and others may smile back (in this case you can toss in a wink... but only if you can pull it off without looking like you're twitching or a serial killer). In any case, looking again is usually an invitation to approach her.

In a bar or other crowded place you may sometimes have to glance at a woman for up to a minute before she notices. Don't stare longer than a minute because if she sees it in the corner of her eye, it'll freak her out.

Research has shown that the odds of successfully approaching women are highly increased when you've made eye contact with her before approaching. To be more accurate, the first eye contact is practically a must, the second is good, and the third is perfect... after you've made eye contact with her three times and she played along, approach her! The fourth eye contact (and more) will start giving the impression that you are insecure.

This is a great method because its risk free. If she doesn't look back, you've lost nothing, but if she does, let the games begin and the good times roll, you're in!

There are different views on when to approach. Some players have a "three second rule", stating that you must approach the woman or group within three seconds of seeing them, so you don't seem scared and so you don't start to doubt yourself. Just go for it spontaneously. This may be a good method sometimes, but I usually wait for more eye contact.

### **3.3. Getting the conversation started - Openers**

The beginning of any battle is usually the best indication of how it's going to end. The same generally applies on the "first impression law", stating that most of a person's general opinion of you is decided within the first few minutes of meeting you and thus openers are a big deal.

Eye contact has been made and you've been given the green light to proceed to conversation. Always bear in mind that pick up lines are by far the stupidest idea any man has ever come up with, and they usually the only way to pull them off is looking like Brad Pitt or going for desperate (or inexperienced) women. The best pick-up line is simply "Hi". A sincere Hi. Not a "wanna get jiggy?" kind of 'hi'.

The next phase is a smile. Again, go for a sincere "I like life" smile and not a "I'm very insecure so I'm smiling" smile or a "I will cut you to pieces and make sausages out of you" smile. Just be at ease. You don't have to introduce yourself, compliment her directly or buy her a drink... Only make her interested in you.

From that point there are many ways to get a conversation started with a good opener:

- **"Do I know you from somewhere?"** This is great because it helps you learn about her, and also show off whatever you wish. For instance:  
**You:** "Hi... You look familiar; did you by any chance take a skydiving course last year?"  
**Her:** "No"  
**You:** "Ohhh are you sure? I could have sworn I know you from somewhere... where do you work/study?"  
**Her:** "blah blah"  
**You:** "Really? Do you know Dave Collins? He's a good friend of mine!"  
or     "Really? A friend of mine was looking into working there? Do you like it? How are the people there?"

This is a great method because you can show off something you do (like skydiving) and it gets a conversation rolling with you already knowing something about her. It is actually a very old-school opener, but I mention it because it never fails for me.

- **Remark or ask about anything in the world.** For instance if you see she has the same (or similar) phone as you do, you could ask her for help operating it... If you have a different phone you can say you were thinking of buying one, and get her to show you stuff on her phone:

**Her:** "It's a great phone"

**You:** "How do the ringtones sound?"

**Her:** "Great! Here let me show you... blah blah blah" (at this point you listen to her ringtones and you already know what music she's into...)

**You:** "Nice ringtones! My friend told me that the camera is great... Do you mind showing me how the pictures come out?"

**Her:** "Sure... blah blah blah"

You can learn a lot about her from the pics on her phone. If she has one with her dog you can talk about dogs, if she has one of her dancing talk about dancing and so on...

Other remarks you can make besides on her phone are on her clothes, or asking if she recommends whatever she's eating/drinking. If there's background music, ask her what the song is called or what movie soundtrack was it on. You can even reminisce on the past saying something like "Wow this song sure brings back some good memories of high school parties... What does it remind you of?"

Easy stuff... gets a conversation rolling in no time.

Anyway keep in mind that anyone feels good when they're asked for advice, "help" or even just their opinion, and so does the woman you're hitting on... it's like giving her a compliment without actually having to say the words.

- **The txter:** Generally bars and clubs are extremely noisy places, and sometimes you just can't hear anything, but would still like to strike a conversation with a woman there. A good method to do so is to write a txt message on your phone... something like "you look bored... try entertaining yourself by trying to entertain me... reply here", or even use the "Do I know you from somewhere?"

Give her the phone and wait for her to write her response. This is a good way to start a conversation in a noisy place, especially for inexperienced seducers because it gives you extra time to think about how you respond to what she says. After a few messages you should either get closer and start talking in her ear or offer to go some place quieter.

- **The admirer:** When she's out there doing something competitive (bowling or pool for example), you can always approach her saying you bet a friend a beer that she'll win. That will legitimize your interest in her and the game, without coming on too strong. Another approach is great for bars... Learn some bar tricks! These aren't only easy to perform and great ice breakers, they will also earn you lots of beers on bets with friends or people at the bar. Take [this trick](#) for example... Make sure you learn it perfectly and teach it to your friend. Go to a bar together and pretend like you guys have betted on this trick, and you need to solve it to win a bet (don't bet on a beer... bet on something more funny and social like the loser has to go hit on a guy). Play around with it a bit on the bar to create interest, and then approach the lady of your choice (don't forget eye contact first) saying something like "I wagered X on solving this and was thinking if you mind helping me out?". Most Women will be both complimented and interested in solving the trick. You have to guide her to solving it without blowing your cover about knowing the trick or seeming like a retard that solved 90% of it, but can't finish. Sometimes you can also solve it yourself if you want to come off smart. Women have fun with this, and it makes them feel smart when they solve it (with a "little" help). After solving it and 'winning' the bet, say thank you and proceed to conversation. Resist the temptation to buy her a beer 'because she helped you', if she mentions it just say "I don't buy women drinks, but you can buy me one if you like"... Buying women you don't know a drink is a sign of weakness... like you have to buy your way into her level.

If you want to learn more bar tricks, visit [EasyBarTricks](#) or just search "bar tricks" on [Youtube](#) or [Metacafe](#). These are great because as opposed to magic tricks, they are very easy to learn (don't require speed or training), get your woman thinking, don't require any equipment (cards and shit) and have a sense of accomplishment after completion. Troubleshooting: If her



friends start butting in giving advice or trying to solve the trick, tell them politely that you're sorry but the rules of the bet are that you can only consult one person, but if they want they can take the bet on with your friend (he can win beers of them)... if the woman is smart she'll probably know you're lying but she won't care.

Magic tricks are also great and I will discuss recommended ones later.

Another advantage to this method is during solving the trick you can use a lot of **Kino**, a method I will explain later.

If you can get her name in the first few minutes of chatting that's good, but I prefer not forcing the formal introduction... It should come in a natural way... something like:

**You:** "Really? Do you know Dave Collins? He's a good friend of mine!"

**Her:** "Sure, ohhh he's hilarious!"

**You:** "Well, what's your name, I'll ask him about you..."

**Her:** "Stacey"

**You:** "Ok Stacey (it's good to repeat her name a few times in the conversation), I'm Josh by the way, nice to meet you".

Always remember her name! Sometime you may talk to her for ten minutes and forget it. This can be very awkward if her name isn't brought up again and you can't remember it!

Another thing on openers is that sometimes it's best to use **false time constraints**. When you tell a woman that you can only stay for a minute and have a quick question, it destroys her "he's trying to pick me up bitch shield". Then stay for as long as you wish.

This was a little bit on openers. There are practically millions, and expert players make them up on the spot according to the situation. The point here is to come off as trying to have a good time or just asking a silly question rather than trying to pick them up. Don't show your interest in the woman at the beginning! You can search the web for more openers, or check out [Bristol Lair](#).

### **3.4. Body Language:**

As I wrote before, studies may differ in percentages, but it is a consensus that most of communication is actually non-verbal. You can have a perfect game with the best openers and routines that'll work great in online chat rooms, but when you meet people face to face, you must have the appropriate body language to back up what you're saying.

Here are many tips to take in consideration, use them all:

- Keep your body "open"! Never crouch your back or cross your hands – it is very unappealing. Always keep your shoulders up and open your palms.
- Control your space. Just like the dominant male in nature controls the best territory, a man that puts his arm or leg on the chair next to him, will be perceived as the dominant male.
- Touch your male friends (not too much obviously)! Men who are affectionate to their male friends and touch them are perceived by women as the dominant males: much more than those who are only touched or have no contact.
- When someone calls you, don't look in their direction too fast and eagerly... take your time and slowly shift your head towards them. Remember: you don't crave attention! You expect it!
- Look around! Men who are more aware of their surroundings will (statistically) make more eye contact with women. Women respond more positively to men whom they already had eye contact with. But don't do this too fast like the KGB is after you or something.
- Body rocking – this is a little tricky, make people believe you are about to leave when actually you are not... practice it!
- Smile – A nice and genuine smile will let people know that you are fun, confident and not a psycho. Don't overdo it though (this is beta-male behavior), and don't laugh at things she says that aren't funny.
- Eye contact – Keep eye contact when talking to the lady of your choice. Go for maintaining eye contact about 70% of the time because more can be intimidating. Don't stare at the woman's chest like all the other losers.
- Have an upright posture – it's more appealing and healthier on your back.

- When you want to seem genuine and sincere, talk with your palms open, facing the sky, and smile slightly. This works on the woman's subconscious levels telling her that what you're saying is true.
- Slow down your walking pace. You're not in a hurry!
- Kick any habits like fidgeting, playing with your hands and tapping with your leg... These are all signs of insecurity.
- Don't be afraid to touch women. Do it without being intrusive or apologetic about it. While saying something, try touching her shoulder for a few seconds, while looking in her eyes and smiling, transmitting that you're confident about what you're doing.
- Don't touch your face, especially when you talk.
- Keep your chin up and your eyes high at all times.
- Don't use "uhh" or "umm" in sentences. Instead if you want to think, pause for effect. Don't mumble and don't speak too fast.

Don't get it yet? Watch Brad Pitt in Fight Club or Se7en. Look at how he moves, how he sits, how he talks and imitate it. Look how when he sits down he has one hand on the table, and one stretching on the sofa, subconsciously telling everyone that he is the Alpha Male around.

### Reading Women:

Men who aren't naturals at this, tend to find this part a bit hard, so I'll just give you the basic pointers and if you think you've got them handled you can search the web for more extensive information. Signs that a woman is interested in you:

- Looking directly in your eyes and holding the stare slightly more than usual.
- Playing with her hair.
- Smiling at you.
- Touching her neck.
- Playing with long round objects like cigars, pens, straws (allegedly implying on playing with a penis or some unconscious crap).
- She will expose her palms or wrists to you.
- She will point at you with her shoulders.
- Her pupils will dilate when looking at you.
- Touching you.

- Laughing at stuff you say that isn't funny.

Don't rely only on one of these but if you spot three of them, she's definitely interested in you!

### 3.4. Negs

I believe the word is short for negative, and the definition is an insult or ambiguous statement wrapped in a back-handed complement, with the intent of actively demonstrating to the target lack of interest in her.

Here you have to zone in on the woman's insecurities. For example, if you spot that she definitely has color eye contacts, it means she is insecure about her original eye color. So you can say "I like your eyes, are they real", she'll reply "No, they're contacts", and you reply "Ohhh... well they're still nice..."

This way you allegedly tried to give her a compliment, but it turns out she didn't deserve it, bringing down her bitchy self-esteem.

These are great because they automatically make the woman want to qualify herself. There are hundreds of good negs out there (see some at.....). My favorites are:

- "You really make that 80's hairstyle work"
- "I like your glasses, my friend John has glasses just like these..." (she's offended) "Ohhh don't worry he's a very metro guy".
- "You're so cute, you remind me of my little sister".
- "You're so cute; I want to make you my pet! You could sleep on the carpet next to my bed and try to scare-off my lady friends" (basically anything with childish cuteness does the trick).
- After she says something stupid: "How much have you had to drink?" (she says whatever) "Ahhh I can't hang out with you, you're an alcoholic!"

The risks with negs:

- Backfires – when used incorrectly, negs can destroy your whole game. For example saying something like "you don't look good enough for me", is a plain insult and will backfire. But saying "you look good. Must be the lighting", is much more playful and gets a more positive outcome.
- Too powerful negs – Once I was picking up a cute 8 from the bar, and in came my 10 extremely hot Ex Girlfriend with some random loser buying her dinner. She approached and said hi. After a 30 second chat I said "You changed your hair huh? You should change it back; it was much nicer

before... I can't have my Ex walking around like this... you'll give me a bad reputation". Now this was a very powerful neg on my Ex (and generally works well on Exes you want to recycle), but she wasn't the one I was trying to seduce!!! The 8 sitting at the bar with me suddenly thought that I was way out her league and gave me very bad vibe. Even giving true compliments didn't help and it messed up my chances with her.

*Just a funny story with this Ex... She has a fool-proof method of making loser guys pay for her dinner. After she's done eating, she tells the guy "let's get out of here" (in a very seductive voice), and signals the waiter to bring the check. Then when she spots the waiter coming with the check, she says "well I'm going to go freshen up" (again seductive voice, and she touches the guy's arm or leg)... she goes to the bathroom for 5 minutes, and the loser pays for the dinner because he doesn't want anything getting in the way of him fucking her... Then she ditches him :)*

- So the rule of negs is: a 10 super hot babe can take 3 negs no problem. A 9 hot babe can take one or two and later maybe more. An 8 can take one, but make it a playful.

#### Opener negs:

These are best used on extremely hot babes, who know that every guy who approaches them wants to pick them up. So they either blow them off or make the losers buy drinks and then blow them off. My favorite opener neg is just when seeing a hot babe check her makeup out, I say "don't worry, it's not that bad". Then you can either pick it up with silly fashion tips or another opener...

**Mystery**, the world's greatest pick-up artist), has even managed to open 10's simply by giving them the finger!

Used correctly, Negs will be one of the most powerful tools in your arsenal; just don't mess them up!

### **3.6. Demonstrating High Value:**

The point here is to practically suck this woman into your reality, getting her EMOTIONALLY INVOLVED!

There are many ways to achieve this. Examples:

**Magic Tricks** – Pulling off a nice card trick is cool but it won't get you the desired result! You have to get the woman emotionally invested in the situation! There is a very impressive trick I like to use and it goes something like this

**You** – "Hey, wanna see something cool?"

**Her** – "Sure"

**You** – "Okay, picture a chalkboard in your head. Now, quickly, think of a number between 1 and 4. Hold that image in your head.... 3!"

**Her** – "Ohhh wow haha! How did you know?!"

**You** – "Just a lucky guess... but let's take it up a notch..."

**Her** – "OK"

**You** – "But there is a risk involved, If I get it right again, we can keep hanging out and I'll show you more cool stuff. If I get it wrong... well, it was nice meeting you and I'm going to leave right now. Now think of a number between 1 and 10."

**Her** – "haa OK".

**You** – "No, you know what? Let's make it a bit more interesting... think of an odd number between 1 and 50"

**Her** – "You're crazy"

**You** – "Now **both** digits can't be even, and both digits have to be different... Now write it down, so I can make sure you won't tell me I was right when I wasn't just to keep me here..."

**(She writes it down on a piece of paper and then you hand her a piece of paper with "37" on it. About 70% of the population choose 37 for some psychological reason)...**

**She** – "Haha, OMG how did you do that?!"

**You** – Well, you know... Have something happen once, they call it lucky. Twice... \*tap a finger on her nose while smiling at her seriously\* they call it magic...

*Comment: This is my variation of what was written in [this great article](#).*

Troubleshooting: What if you get it wrong and she chose 17 for example? You say... "Ohhhh well something must be wrong... I could have sworn I picked 17... OK, anyway nice knowing you... bye... (get up to leave) Ohhh you know what? let me just check something..." take your piece of paper and burn it! Rub the ashes against the back of your hand (gently) and an amazing "17" writing will appear through the ashes!! How is it done? If you got it wrong, write the correct number on the back of your hand with chap stick (the thinner the better) without her seeing... sometimes it's also good to let it dry a bit by stalling time or putting your hand against your pants (the side with the chap stick obviously). The ashes on the chap stick will create a glamorous effect! Train on this at home to make sure you pull it off correctly (check it with the same chap stick and the same paper you'll use). It's a bit annoying because you have to go wash your hands after this, so I only use it as a last resort. If you do go to wash your hands say "Don't go following me in to the men's room like all the other women... wait here like a good girl..." (This is classic cocky and funny).





You can read about another great trick [Here](#). This is great for groups and you should have the woman you're interested in help you – but in a more advanced part of the game: after she's telegraphed interest in you! Give her an explanation of the rules... it's great for a 'personal connection', and have her take the "Magician's Oath" before you tell her how it's done. Tease her with statements like "If you can't take the oath seriously, I can't hang out with you", and then praise the best magic trick ever and don't break till she begs to take the oath. You'll need a few minutes alone with her... You can tease her during the game with statements like "ohhh I think Stacey is catching it... Anna (the one you want), you're way off!" – Don't tell anyone else how you pulled the trick off! It will be your little secret and if she's playful she will even remind everyone about it once in a while "Ohhh I can't believe how you did that! Are you really telepathic?!" (That sure demands a decent \*wink\*).

### 3.7. AMOGing:

An AMOG is a guy that everyone thinks is cool and is always the social center of the room, sometimes they will come and steal the attention of the girl(s) you are talking to at a place, party, bar, club. etc.

These guys are usually what we call Naturals - Men adept at attracting and seducing women without training, though sometimes you will clearly see an ASF (someone like me or you, who studies and trains on seduction)...

There are many kinds of AMOGS that you will have to face, and it's best to start with sentences like:

"Man, you don't have to try so hard! These girls really like you! Just be real!"

"Hey, nice shirt man! I had one just like this in high school... you are so cool, you're like the coolest guy I've met today!"

"Dude, you're such a joker! You must think this stuff up all day! I can't compete – you're like a birthday clown!"

Some guys will be totally thrown off by this but some will keep their cool and have witty answers... this is a game of experience and you will get it with time.

I remember one of the first AMOGS I dealt with (when I only started studying seduction)... I was at a club where people are aged anywhere between 23 and a million... seriously there were guys there that had to be 60 years old, gaming women 25 years old! So I walked up to two young women (25 if I recall correctly) and asked "So my friend and I were wondering if you two are a couple or is this your first date?". One of them cracked up laughing and the other tried to tease me saying "ohhh, I can't believe you thought I was a lesbian, I can't talk to you..." (Using an offended voice).

Suddenly a HUGE (very tall and borderline fat) man appears (looked about 55 years old, and was growing bald) and asked "Is this guy giving you girls trouble? Should I kick his ass?", and literally tried to come and stand between me and the girls. To be honest I was a bit shocked at first but then what I had learned kick in.

I said "Wow man, you are like the coolest dad ever!!! I would kill for my dad to come watch over me in clubs. Can you adopt me and buy me beers and kick the ass off all the women that come and talk to me?". The girls laughed hysterically and the old guy had to laugh along not to seem dull. I ended up not going for those girls because they were boring as hell, but the old guy actually bought me a beer :)

### **3.8. Cocky & Funny:**

You've probably heard about this a million times and even tried to imply it on your behavior. C&F is a style of personality or mindset you project to gain attraction of women. It is a copyrighted phrase for a seduction method invented by **David DeAngelo**. This kind of behavior says all the right things about you!

How do you enter this mindset? What I do I think of myself as a brand name product. Think of yourself as the Rolex of men... the Lamborghini of men... the god-damn Cognac of men.... Now you add funny and teasing and you're there.

Some C&F lines to get you started:

(after seeing a woman) "I know we had fun, but please don't become a stalker and call me 50 times a day"

(If she makes fun of herself) Her: "I'm such a retard" or "My hair looks awful" or "My lipstick doesn't look good does it?" You: "Well, I didn't want to say anything!"

(Goes to hug you) "Look at you, you're all over me!"

"Does it upset you to be walking with such a sexy man because nobody is looking at you, and everyone's looking at me?"

"I know you want me for my sexy body, but I'm tired of feeling like just an object to women."

"You're screwing up your chances with me"

"Already starting with the compliments, huh? Look, let's just get this over with... go buy me the drink already."

(If she implies you're a gentleman) "Do you consider me GENTLE? I'll have to spank you more often then!"

**My personal favorite which is a whole routine (and has more than just c&f):**

You: "Are you confident enough to accept a true compliment from a stranger?"

Her: "Sure"

You: "Great, so am I... You start..."

Her: "Haha, Ok, I like your flashy headlamp" (it was on my arm flashing the hell out of everybody)

You: "No you don't, you're attracted to me... but OK... now I have to compliment you... ohhh this is a tough one... (implying there is nothing to compliment her on) well there is something about you that drives me insane: I can't read you!" (push her away)

Her: "What?"

You: "Yes... you must be a great poker player, you annoy the hell out of me! (push her away again) Generally I can read people within a minute of meeting them, but there's something about you that's very mysterious to me... (pause) and it draws me to want to get to know you better." (pull her back)

Her: "Awww that's so sweeeeet".

You: "The second is that you have the nicest smile I've seen all day..."

Her: "Wow thank you..."

You: "No you know what? Actually you have the fourth nicest smile I've seen all day..."

She: "No, I want to be first!"

You: "Ok, I'll bump you up to number three for being feisty".

Her: "Haha jerk"

You: "And there's a third thing but I don't want to tell you"

Her: "Why? Tell me, tell me!!"

You: "Ahh I can't! Then you'd become conscious of it and you'll ruin it... haa it's so cute"

This routine is guaranteed to drive a woman mad. Mad about you! (cheesy huh?)

You can find more C&F lines on: [Seduction Base](#) and [David DeAngelo's books](#).

### 3.9. Shit-Tests:

When you have generated enough attraction, the woman will give you some IOIs (Indicators of interest) named shit tests. **Mystery** calls this the Hoop Theory. Basically this means that during an interaction with a woman she will test you to see if she can manipulate you. If she can, she will immediately lose all sexual attraction for you.

Before I started studying seduction, this was my largest problem... when I would hit it off with a woman but then fail a shit-test or two and it was game over. At the beginning I didn't even know these were tests, later I hated the women for giving me stupid tests and only later I understood that these were mechanisms that help women separate the men from the boys.

Now I wait to get these tests because they are proof that she is in fact attracted to me (and its fun busting the girl's balls).

**I'll give a few examples (obviously there are other possibilities to answer these):**

Her: "you're so funny."

Wrong answer: "Thank you."

Right answer: "I know, what is it about funny guys that turn's you on so much?"

Her: "Will you buy me a drink?"

Wrong answer: "OK"

Right answer: "Buy ME a drink and we'll see."

Her: "What do you do for a living?"

Wrong answer: "I'm a computer programmer"

Right Answer: "I'm a Mcdonald's trainee... (She tells you to be serious) No, I am serious! I just didn't want to brag about it because I don't get free meals for another week".

Now you may have realized that these answers are retarded and don't answer the actual question with logic. That's great. Logic is bad! You can also answer most questions with "guess", ignoring the question and talking about something else or just silence.

### 3.10. Qualify Her !!!

After you've been given a shit test, it is time to start qualifying the woman. At this stage you let her demonstrate high value, in order to let her feel like you have legitimate reasons for being interested in her besides her hot body and female reproductive organs. The trick is to do this without creating a pickup tension.

How is this done?

You: "So, do you cook? What's your best dish?"

Her: "Lasagna"

You: "Really? That's my favorite! Ohhh that's so amazing I love you! Wow I can't even talk to you now, I'll think of lasagna all the time". (Be careful with this one... I had to put up with some vegetarian chick's Kinoa because of this sentence)

The point of saying that you can't hang out with her is to release the tension

Another more obvious qualifier is:

"So what do you have going on for you besides your looks? Because beauty is common... what's really important is a good outlook, energy, personality?"

(And **Mystery** also goes "You've got two out of three, not a bad start"... I don't use it).

You can also ask questions that require more 'digging in' like "What's the most exciting thing you've ever done?" or "What's a significant event in your life?".



### **3.11. COMFORT COMFORT COMFORT!!!**

In a military conquer mission, you will sometimes "hold your line" and stop progressing trying to conquer more territory. This is more or less what you do in comfort. Some even call it 'babysitting' because they say that it doesn't matter too much what you do, you just have to give the woman time to get used to your presence with her. I personally think that there's much to be done here, and many ways to screw this phase up.

You've reached this stage when you have created enough **mutual** attraction and can move... How will you build comfort now?

#### **3.11.1. Rapport:**

This situation may sometimes feel like a job interview so I recommend playing some fun games like the lying game to get through this phase:

Get her to tell you three things and of them will be a lie. She has to say a place she always wanted to visit, the food she finds most passionate, and the name of the first guy she ever slept with. Stuff like that (you obviously play too).

Try to direct her to give you things you can appreciate about her and create further conversation.

Building an emotional and physical connection:

Magic tricks or bar tricks are great for this phase too because they are very emotional and require Kino many times.

Psychological tests are great here and there are dozens. The most famous one is the Cube:

You hold her hands (Kino), tell her to close her eyes and imagine an endless field. Then she should imagine a cube in it... tell her to describe the cube (size, color and so on). Then there's a ladder... tell her to describe the ladder (what it's made out of, how tall it is, etc.) Same with a horse (What breed? What color?). There's a storm (how does it affect everything?). There are Flowers (Describe them bla bla bla).

Then you tell her to open her eyes and tell her what it all means... remember... dig deep!

The Cube is her symbolic self-portrait (The adjectives she mentioned describe herself).

The Ladder represents her friends and co-workers.

The Horse represents her lover/life partner (if she doesn't have one it's her ideal partner).

The Storm is trouble/upset/worry/challenge.

The Flowers are her children, not necessarily little people, but whatever she will create and nurture in life.

The field represents her life, and view of the world.

Now you have to know what buttons to push to get what you want!

You can go for fun and easy... like if she says the cube is white and she thinks white is a pure color you can tell her "you see yourself as a very pure person..." \*she's all "Awwww"\* then you say "but that's only what you think, I think you're a slut" (with a sly smile). Every woman I've ever done this to cracked up laughing!

You can also "go deeper" and start talking about how her perfect man is like her father and describe yourself... just get creative, they eat it up!

### 3.11.2. **Kino:**

**Kino** (from "kinesthetics") is touching. In general, all mammals (males and especially females) like to be touched. There are two kinds of Kino – social and sexual. Obviously you start with social Kino, make it incidental in the beginning (light touching of arm to emphasize points, high fives, palm reading), and graduate to hand holding, arm and arm escorting and such. You then move to more advanced things and start with incidental (touching her back with your palm when talking to her as if pulling her so she can hear you better, random leg to leg touches), and move up to overt such as escorting her through the bar with hand on her lower back and placing her hand on your thigh. Only after this will you start touching the hair neck and face. Again start with incidental like brushing imaginary things off her face (don't use more than once) or talking very close in her ear and touching faces. You then move on to the overt like brushing your fingers through her hair. Gaze at her eyes and kiss her (gently no tongue at first). French kissing is the most you can (or more accurately should) do if you're not in a location where sex can happen.

Only when you are in a location where sex can happen can you escalate further kissing neck, hand on back under shirt incidentally touching breasts, kissing body, breasts, incidentally stimulating vagina (dry sex), fingering her (while focusing on something else like her neck), sex.

### **3.11.3. LMR (Last minute resistance):**

When you get to foreplay you will usually face objections like "We should stop" or "We better be careful about where we're going with this". These are the final shit test in your interaction and just like other shit tests, never attempt to answer them with logic. Saying "Why should we stop? I mean, we like each other and are having fun right?" may cause problems and get her thinking. Just say "You're right, we should stop" and continue working her up.

Usually this will work but sometimes she will say "no really, we should stop". In this case you do what **Mystery** calls a "Freeze-out". You should act like she just ruined your whole arousal, but not your mood! Turn on the light, snuff out the candle, check your e-mail, head to the kitchen get a snack, or get a magazine and ask her to help you with the crossword. Don't be emotional about it (don't be angry or pathetically disappointed). You also have to convey that you are not with her only for the sex and that you are going to stick around, spoon her, talk to her and so on. Women have a great fear of being ditched after sex. She will feel the loss and reinitiate physical contact. If she doesn't after 5 -10 minutes, you should.

### **3.12. Sex:**

Sex is an enormous subject, especially if you're interested in a LTR (long term relationship). There is no question about the fact that fulfilling sex is essential in a healthy LTR. I'm not going to talk about this subject because it is HUGE (Maybe as huge as the whole seduction ritual), but I will just say that using the **Natural Gain Plus** penis enlargement, and reading and implementing **Stud Secrets** guide to becoming a better sexual lover, have made me amazing in bed and I always get endless compliments... If you feel like you're not an amazing lover, try working on it.

### 3.13. Online Dating:

Many soldiers going to combat are ordered to color their faces with camouflage colors or even put on masks. What these soldiers don't know is that the main reason for this order isn't even camouflage, it's because being behind these masks will increase their confidence and make their enemies fear them when seeing them. The Online Dating world has opened new channels in the world of seduction & dating.

Some of the advantages in Online Dating:

- There is a HUGE variety of women to choose from (unlike bars, parties and even malls which are somewhat limited).
- You can find women based on very specific criteria (Age, Race, height, what they're seeking for and so on).
- 'Clever' search engines will find matches based on your personality and hobbies.
- If you get rejected it's not as bad as face to face.
- If you have trouble with body language, tonality, appearance and such; you'll find it easier to create an initial connection with a woman than face to face.
- You have time to choose your words carefully, unlike face to face which is much faster, so online dating is a great place to start sharpening your skills of talking to women.
- Lame competition. Most of the men that are "naturals" don't use online dating services. That's why if you behave in the online dating scene like I described in this eBook, you will definitely out game everyone there (unlike bars and club that have losers but also have AMOGs which are serious competition).

I tried online dating (only after I was already good with women) when I was sick and couldn't get out of the house. The results really surprised me. I didn't want to go for women who were seeking marriage and such because I didn't want to mislead them but I did find some sexy nymphomaniacs and had crazy sex with them when I got better.

I think you should try online dating because it kicks ass (some other Pick-Up artists think different but I had great easy success with it)! I sometimes use it because it's so

easy to find sexy sex partners with it. Another reason to try it is because it is a great way to practice things like cocky & funny behavior, shit tests etc. without all the pressure you have in face to face.

Like every field with money involved, some competitors play unfair. In some sites there are "fake" women, just so people would think there is a large variety to choose from. Don't get tempted to give your money to these sites. If you do enlist to these services use [Yahoo! Personals](#) (which is good for the US, Canada, Brazil, UK & Ireland, France, Germany, Italy, Spain, Japan, Australia & New Zealand, China, Hong Kong and Taiwan) it is my favorite by far! Mainly because there are so many women to choose from! You can also use [Match.com](#), but its only second best.

## 4. Conclusions:

This eBook has been written in order to help people who were once hopeless with women like I was. I decided it should be free because it isn't as thorough as other great books in the industry. If you are going to take this seriously I extremely recommend taking all the steps I mentioned in the "**Boot Camp**" section, getting in shape if you're fat or skinny, getting height increasing insoles if you're short and so on.

I know sometimes this eBook may seem like a commercial to the Mystery Method but you have to understand that mystery's book **CHANGED MY LIFE**. Every time I get a txt message from a sexy woman saying "What you doing? Want to get together?", every time I see a beautiful woman laughing from my remarks and every time a friend of mine breaks up with his girlfriend and calls me saying "Hey man why don't you het a couple of hotties and lets go hang out", and we both know that I can deliver; I remember that I owe it all to Mystery! Read [Magic Bullets](#) – it is derived from the Mystery Method and much easier to learn.

I extremely recommend reading it, and a better way is watching his DVD's (if money is no issue, definitely get the DVD's). You can learn some of these methods from free sites and articles but it's unorganized and you get a lot of "clashes" between people's opinions (I for instance don't agree with Mystery on everything). Learning from the internet with random seduction sites and articles is similar to trying to study the playing the guitar by finding random tabs to songs on the internet and trying to play them... You'll manage eventually but it will take you at least triple the time and effort than if you were to go to a guitar teacher. If for some reason you don't want to read [Magic Bullets](#), other recommended books are [David DeAngelo](#) and [Mystery Method](#).

Remember that your success with these methods will increase dramatically if you go in trying to HAVE FUN because after all sex is just the climax of an allover fun interaction with another person.

**Success comes from confidence. Confidence comes from Success.**

Now you can go out, and get laid, or download more porn. It's up to you. Make the wise choice

P.s.

If anyone has any trouble and would like some personal advice, and feedback on the book, or success stories with the methods, you can contact me at

**SeductionSniper@gmail.com**

I can't say I'll answer straight away because I'm going to be touring the world for a year or so (on the biggest pussy-quest ever). If anyone from all over the world has read this eBook, gotten success with women using these methods and wants to meet me and use them together in field over a beer (first round is on you), I will be more than happy. E-Mail me and I will tell you if and when I'm coming to your country.

Happy Seducing,

